

SAFETY PLANS

YOU CAN'T CONTROL YOUR ABUSER's violence, but you can plan how to respond to future violent incidents and how to get to safety if you decide to leave. (This is a step in taking your personal power back.) I will offer advice and templates for three safety plans in this section. The first will be for safety while remaining in an abusive relationship. The second is for leaving in a hurry and the third is for use if you have time to prepare to leave your home.

Although some of the things in your safety plan may seem obvious, it's important to remember that your brain doesn't function the same during a crisis as it does when you are calm. When adrenaline is pumping through your veins it can be hard to think clearly or make logical decisions about your safety. Having a safety plan laid out in advance can help you protect yourself in those stressful moments.

Please read the chapter [Leaving an Abusive Relationship: Barriers and Ideas](#) for additional information.